



SOUTHEAST VENTURA COUNTY YMCA
YARROW FAMILY YMCA
ADULT SWIM
LESSONS

Fall 2 Session
Oct 28 - Dec 14, 2024

Thursday lessons will start a week later due to
 Halloween 11/7 - 12/19/24

Group Lesson

Cost \$84 Members | \$168 Non-Members

1 Lesson per Week - Ratio 1:5

SCAN HERE TO
 REGISTER



PRIVATE LESSONS
Thursdays
 5:30pm-5:55pm
 6:00pm-6:25pm
 6:30pm-6:55pm
 \$240 Members
 \$480 Non-Members

FLOAT AND CONQUER

This warm water class is tailored for those who seek to conquer their fear of water and gain confidence in a nurturing and supportive environment. Participants will gradually acclimate to the water environment, focusing on building trust in themselves and the water. This class will cover fundamental skills such as breath control, buoyancy, and relaxation techniques to facilitate submersion.

ADULT SWIM BASICS

In this class, swimmers 13+ will develop a high level of comfort in the water by practicing safe water habits, engaging in underwater exploration, and learning how to swim to safety and exit if they fall into a body of water. Our goal is to have swimmer achieve basic swimming competency by learning two benchmark skills:

**Swim, Float, Swim
 Jump, Push, Turn, Grab**

FREESTYLE AND BEYOND

If you've already mastered the fundamentals of swimming, then this is the class for you! Swimmers 13+ will learn additional water safety skills and build on stroke technique in our lap pool! We will focus on establishing proper freestyle technique and introducing backstroke, breaststroke, sidestroke, and butterfly! Sharpen your swim skills to foster a lifetime of physical activity.

FLOAT AND CONQUER

TUESDAY

5:30pm - 5:55pm
WARM POOL

ADULT SWIM BASICS

TUESDAY

6:00pm - 6:25pm
LAP POOL

FREESTYLE AND BEYOND

TUESDAY

6:30pm - 6:55pm
LAP POOL

YARROW FAMILY YMCA

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For more information please email us at yarrowaquatics@sevymca.org